

HOW TO COMBAT OUR FEARS

Terry Brisbane, Lead Pastor

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The WAY OF BLESSING



2 TIMOTHY 1:7 NKJV

⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.

GENESIS 49:28-33 ESV

²⁸ All these are the twelve tribes of Israel. This is what their father said to them as he blessed them, blessing each with the blessing suitable to him.
²⁹ Then he commanded them and said to them, “I am to be gathered to my people; bury me with my fathers in the cave that is in the field of Ephron the Hittite,
³⁰ in the cave that is in the field at Machpelah, to the east of Mamre, in the land of Canaan, which Abraham bought with the field from Ephron the Hittite to possess as a burying place.
³¹ There they buried Abraham and Sarah his wife. There they buried Isaac and Rebekah his wife, and there I buried Leah—
³² the field and the cave that is in it were bought from the Hittites.”
³³ When Jacob finished commanding his sons, he drew up his feet into the bed and breathed his last and was gathered to his people.

GENESIS 50:1-2 ESV

¹ Then Joseph fell on his father’s face and wept over him and kissed him.
² And Joseph commanded his servants the physicians to embalm his father. So the physicians embalmed Israel.

GENESIS 50:15-22 ESV

¹⁵ When Joseph’s brothers saw that their father was dead, they said, “It may be that Joseph will hate us and pay us back for all the evil that we did to him.”
¹⁶ So they sent a message to Joseph, saying, “Your father gave this command before he died:
¹⁷ ‘Say to Joseph, “Please forgive the transgression of your brothers and their sin, because they did evil to you.”’ And now, please forgive the transgression of the servants of the God of your father.” Joseph wept when they spoke to him.

Continued ►

NOTES

- ¹⁸ His brothers also came and fell down before him and said, “Behold, we are your servants.”
- ¹⁹ But Joseph said to them, “Do not fear, for am I in the place of God?”
- ²⁰ As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.
- ²¹ So do not fear; I will provide for you and your little ones.” Thus he comforted them and spoke kindly to them.
- ²² So Joseph remained in Egypt, he and his father’s house. Joseph lived 110 years.

I am an old man and have known a great many troubles, but most of them never happened. – *Mark Twain*

I often refer to [it] as the “pseudo-world” that all of us create in our own head. It is the internal process where we imagine, and ultimately feel, additional stress and tormenting scenarios that never come to fruition. And we all do it. Stress is a part of life. Everyone has difficult and demanding jobs, problems with friends and family, financial and personal problems, and health concerns. Life is hard. But we tend to unwittingly cause everyday stress to morph in to feelings of dread by overthinking these life problems. – *Ciaràn Dalton*

PHILIPPIANS 4:4-7 ESV

- ⁴ Rejoice in the Lord always; again I will say, rejoice.
- ⁵ Let your reasonableness be known to everyone. The Lord is at hand;
- ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

EPHESIANS 4:32 ESV

- ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Purpose

**LIVE OUT OUR FAITH IN JESUS AND
INVITE OTHERS INTO LIFE WITH HIM**

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